



# QCOOK

## Cheesy Chicken Stuffed Gem Squash

with a fresh tangy salad

**Hands-on Time:** 30 minutes

**Overall Time:** 50 minutes

**Calorie Conscious:** Serves 1 & 2

**Chef:** Jade Summers

### Nutritional Info

	Per 100g	Per Portion
Energy	313kj	1908kj
Energy	75kcal	456kcal
Protein	8g	48.7g
Carbs	3g	22g
of which sugars	2g	11g
Fibre	1g	10g
Fat	3g	21.1g
of which saturated	1.1g	7.4g
Sodium	42.3mg	294.2mg

**Allergens:** Sulphites, Cow's Milk, Allium

**Spice Level:** None

Eat Within 3 Days

## Ingredients & Prep Actions:

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Serves 1	[Serves 2]	
220g	440g	Gem Squash <i>rinse, halve &amp; deseed</i>
10g	20g	Sunflower Seeds
40g	80g	Artichoke Quarters <i>drain &amp; roughly chop</i>
150g	300g	Free-range Chicken Mini Fillets
40g	80g	Mozzarella Cheese <i>grate</i>
20g	40g	Salad Leaves <i>rinse &amp; roughly shred</i>
100g	200g	Cucumber <i>rinse &amp; cut into half-moons</i>
20g	40g	Sun-dried Tomatoes <i>roughly chop</i>
7.5ml	15ml	Red Wine Vinegar
3g	5g	Fresh Chives <i>rinse &amp; roughly slice</i>

## From Your Kitchen

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Cooking Spray (or oil of your choice)  
Seasoning (salt & pepper)  
Water  
Paper Towel

**1. WHAT A GEM** Preheat the oven to 200°C. Place the gem squash halves on a roasting tray, cut-side up. Lightly coat in cooking spray (or an oil of your choice) and season. Roast in the hot oven until soft, 25-30 minutes. Alternatively, air fry at 200°C until crispy, 20-25 minutes.

**2. SUNNY SEEDS** Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

**3. GOLDEN CHICKEN** Return the pan to medium heat. Pat the chicken dry with paper towel and lightly coat with cooking spray or oil (optional). Fry the chicken until golden and cooked through, 1-2 minutes per side. Remove from the pan, season, and set aside. Allow to chicken to rest for 3 minutes before roughly chopping.

**4. GRILLED CHEESE** In a bowl, mix the chicken and artichokes. Stuff the gem squash cups with the filling, and scatter over the cheese. Return to the oven and grill until the cheese has melted and is lightly golden, 4-6 minutes.

**5. TANGY, NUTTY SALAD** To another bowl, add the leaves, cucumber, sun-dried tomato, and the sunflower seeds. Toss through the vinegar and seasoning.

**6. TIME TO ENJOY** Plate up the stuffed gem squash and garnish with the chives, and side with the tangy salad.